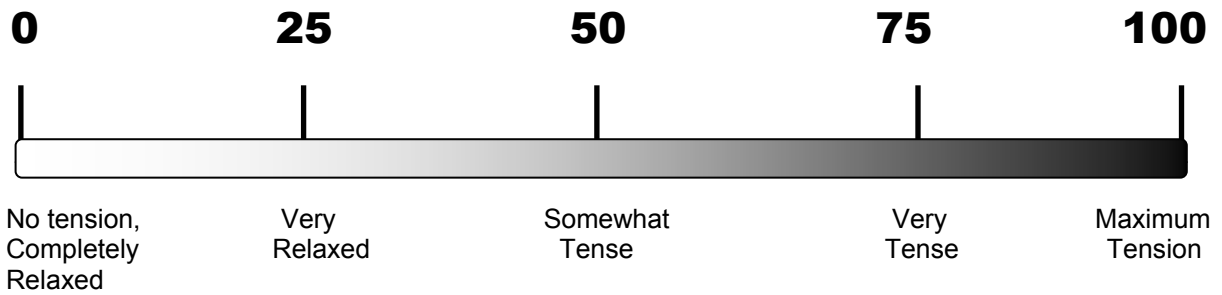


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## **HANDOUT RT-1**

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### ***RATING SCALE***





## **HANDOUT RT-2**

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### ***THE RELAXATION EXERCISE CYCLE***

- ▶ Go through two tension/relaxation cycles (5 seconds tension, followed by 15-20 second relaxation) for each of these muscle groups:
  - Hands
  - Arms
  - Shoulders
  - Jaws
  - Eyes
  - Forehead
  - Stomach
  - Legs.
  
- ▶ Then go through about 10 minutes of relaxation imagery, where you picture yourself alone and very peaceful in a beautiful place
  
- ▶ Then go through two minutes of deep breathing, in which you breathe slowly and steadily, keeping your body completely relaxed, imagining the word “relax” each time you exhale.